MY FIRST COMMUNION

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My First Communion

What the Very Young Need to Know

for their

First Holy Communion

by

Most Reverend Louis LaRavoire Morrow, D.D.
Bishop of Krishnagar

"Let the little children come to me, and do not hinder them, for of such is the kingdom of God" (*Mark* 10:14).

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Preface

The Blessed Eucharist is the Bread of Life. Holy Mother Church, a tender mother, wishes to nourish with this miraculous Bread, as early as possible, those whom Our Lord, while on earth, loved best — the little children. As soon as a child can distinguish the Host from ordinary bread, he should be prepared for his first Holy Communion. The sooner and the more often the child receives this Heavenly Food, the more fully can he live a life of grace, the more naturally will his spirit grow in the ways of holiness.

More than any other person will a child do anything for love. All instruction in religion should aim at making the child not merely know the sense, but love the spirit. If children develop a great personal love for God, they will not only learn their religion more easily; they will also live it more faithfully. Too many children are brought up to look on the catechism lesson as an onerous penance, to be avoided as much as possible, and endured only upon the inducement of bribes in the form of candy, toys, holy pictures, etc. For them the religion lesson means so many minutes devoted to the memorizing of long and difficult terms that their little minds cannot grasp.

Some teachers are prone to believe the children know their religion when they can glibly repeat the answers from a catechism whose language is understandable only to adults. As a matter of fact, the child has only memorized the words; they are far from understanding and from loving their religion, separated as they are from it by a barrier of abstractions. No child ever needed to be bribed to look at a picture or listen to a story. Therefore, in teaching them religion, let us not starve them

on the dry husks of technical definitions. Let us feed the heart of every child by speaking in the simplest of words, by telling the truths of religion in narrative form, by making of the catechism lesson a very personal affair between the child and Jesus. It is not so important that the child memorize theological terms; it is very important that they learn to love God.

This booklet was prepared for children just beginning school; five or six years of age. It contains all that a child of that age needs to know before receiving first Holy Communion. It tries to avoid all technical definitions and abstract terms. It attempts to teach the child the loveliness and the truth of the Catholic Faith by telling only a few of the simplest facts, and presenting them in story and pictorial form.

Most lessons are divided into three parts: (1) a narrative, (2) informal questions based on the narrative, and (3) questions with answers, of which those marked with an asterisk are by permission of the Confraternity of Christian Doctrine, Washington, D. C.

It is hoped that this little book will attract the interest of children and help them go to their catechism lesson with the eagerness of one about to listen to the most wonderful story in the world.

✠ Bishop Morrow.

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God and Everything

In the very beginning, God was all alone.
There was nothing else, only God.
Then God made all things.

God made the day. He made the sky.

He made the land and the sea.

He made the sun, the moon, the stars.

God made plants, birds, fishes, and other animals. He made everything.

God made all these things out of nothing. He made everything out of nothing.

God only said, "Let it be made."

And lo! everything was made!

Out of nothing there came light!

The world was made!

The sun and moon and stars all came out one by one.

It was long, long ago that God did this wonderful thing.

Who was all alone in the very beginning? When did God make all things? What were some of the things God made? What did God use to make these things? Can any one else make anything out of nothing? How did God make everything?

* ***Did God make all things?***

Yes, God made all things.

What God Is

God was always God forever and forever.

God always lived. He had no beginning.

God will always live. He will not stop living. He will never have an end.

God always was, and He always will be.

We cannot see God, because He is a spirit. A spirit does not have a body like ours. We cannot see a spirit.

But God is here just the same. He is in all places. He is everywhere.

God is in heaven and on earth. He is in our hearts. He is everywhere.

God is good. He is just as good as can be. He loves me and wants me to go to heaven.

God is so wonderful that He does not need anything to make Him better. This is why we say God is perfect. No one is perfect except God.

When did God become God? When did He begin to live? Will God ever stop living? Where is God? Why do we say God is perfect? Who besides God is perfect?

* *Did God have a beginning?*

No, God had no beginning; He always was.

* *Will God always be?*

Yes, God will always be.

* *Where is God?*

God is everywhere.

* *Is God good?*

Yes, God is good, most wonderful, and perfect.

What God Can Do

God made the world and everything else.

He can do anything and everything.

There is nothing hard for God to do. It was not hard for Him to make heaven and earth.

It was not hard for God to make everything out of nothing.

God knows all things. He knows what happened from the very beginning. He knows what will happen in all the years to come.

God knows what we think. He knows what we say. He knows what we do.

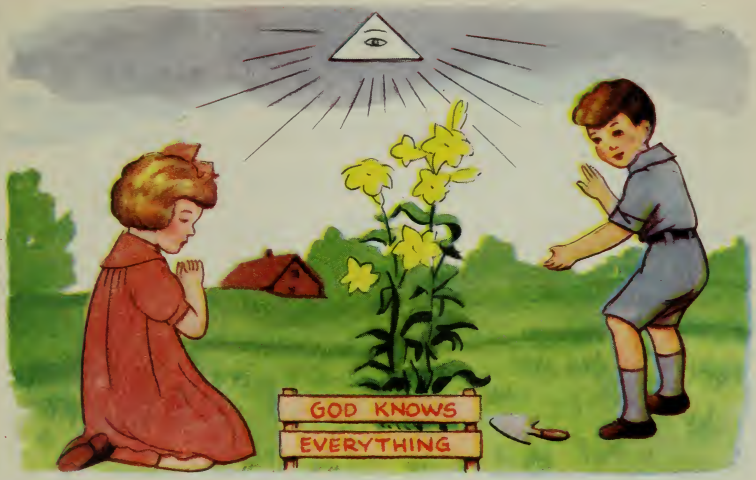
God sees us and everything we do.

He hears us and everything we say.

He knows when we are bad and when we are good.

God knows all things. We cannot hide anything from Him.

If I take a ball and hide it in the ground, God will see me. He will see the ball hidden in the ground.



God can see us, whatever we do, or wherever we are. We cannot hide from God.

What can God do? Was it hard for God to make everything out of nothing? What does God know? Does He know what happened many, many years ago? Does He know what will happen many, many years from now? What does God know about us? Can we do anything that God does not see? Can we hide anything from God?

* ***Can God do all things?***

Yes, God can do all things.

* ***Does God know all things?***

Yes, God knows all things.

Three Persons In God

I AM one person. God is not one Person. God is three Persons. The three Persons in God are the Father, the Son, and the Holy Ghost.

God the Father is the first Person.

God the Son is the second Person.

God the Holy Ghost is the third Person.

Each Person is God. The Father is God. The Son is God. The Holy Ghost is God.

Each Person is God. But all three Persons are only one God. We call the three Persons in one God the Blessed Trinity.

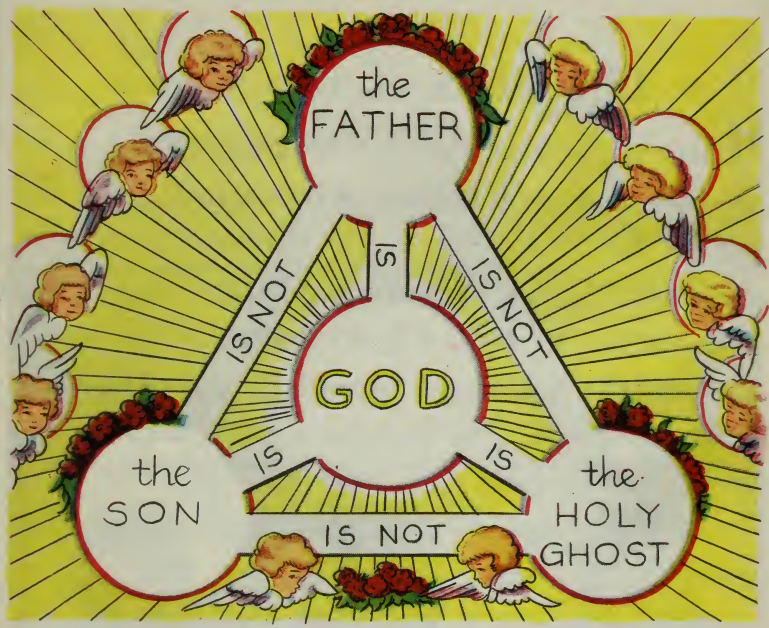
I believe that there are three Persons in one God because God said so. I have God's word for it. God cannot tell a lie. The Blessed Trinity is three Persons in one God.

* ***Is there only one God?***

Yes, there is only one God.

* ***How many Persons are there in God?***

In God there are three Persons — the Father, the Son, and the Holy Ghost.



* ***What do we call the three Persons in one God?***

We call the three Persons in one God the Blessed Trinity.

* ***How do we know that there are three Persons in one God?***

We know that there are three Persons in one God because we have God's word for it.

The Sign of the Cross

THERE are three Persons in one God.

I show that I believe this when I make the sign of the cross.

I say, "In the name of the Father, and of the Son, and of the Holy Ghost. Amen."

God the Son is the second Person. He came down on earth. He became a man because He loved us.

God the Son died on the Cross because He loved us. God the Son is Jesus.

I show that I believe this when I make the sign of the cross well. It makes me think of God the Son dying on the Cross.

When I make the sign of the cross, God sees me. He hears me. I make Him happy.

When I say, "In the name of," God hears me. He knows I mean to say, "Dear God, I want to do this all for You."

Before I sleep, when I awake, when I eat, when I study, I shall make a nice big sign of the cross.

I shall bless myself, saying slowly, "In the name of the Father, and of the Son, and of the Holy Ghost. Amen."

What did God the Son do for us? How did He die? What was the name of God the Son? What two things do you show when you make the sign of the cross? What do you mean when you say, "In the name of"? When do you make the sign of the cross?

Make the sign of the cross.

Good and Bad Angels

God made all things. He also made angels.

God made the angels very, very good. He wanted them to live with Him always.

But some angels became very bad. They did not want to do what God wanted. They disobeyed God. That was very wrong.

It is a sin not to obey God. Doing wrong is sin. Disobeying God is sin. Disobedience to God's laws is sin.

The bad angels committed a big sin and made God sad. That was the very first sin ever committed. Sin makes God sad.

God punished the bad angels for their sin. The bad angels became devils.

God took the good angels to heaven. Heaven is the home of God. The angels will live with God forever and forever.

God punished the devils in hell. They are there now in hell. It is their prison. They will suffer there forever and forever.

Who made angels? Did God make the angels good or bad? How did some angels become bad? Did the bad angels do right or wrong? What is disobeying God called? Does God like sin? What did the bad angels become? What did God do for the good angels? What is heaven? What did God do to the bad angels? What is hell? How long will the angels stay in heaven with God? How long will the devils stay in hell?

* ***What is sin?***

Sin is disobedience to God's laws.

* ***Who committed the first sin?***

The bad angels committed the first sin.

Adam and Eve

LONG, long ago God made all things.

Last of all, God said, "I will make man."

So God made the first man. The name of this first man was Adam. God also made the first woman. Her name was Eve.

Adam and Eve were the first people on earth.

All the people of the world are children of Adam and Eve. We have all come from the first man and the first woman.

That is why we call Adam and Eve our first parents. Adam was the father and Eve the mother of all men ever born, of everybody. As the father, Adam was the head.

God loved our first parents very much. He made them very, very good.

God gave Adam and Eve a beautiful garden for their home.

This garden where Adam and Eve lived was called Paradise.

Who was the first man? Who was the first woman? Who were the first people on earth? Why do we call Adam

and Eve our first parents? What did God do for Adam and Eve? Where did our first parents live?

* ***Who were the first man and woman?***

The first man and woman were Adam and Eve.

God and I

God made me. I am His child.

God loves me. He wants me to go to heaven and be happy with Him always. He will be sad if I am naughty. He will be happy if I am good.

God takes care of me all the time. He gave me my parents, brothers, and sisters.

God gave me an angel for my very own. This good angel is my Guardian Angel.

God is good. He wants to make me happy with Him in heaven. That is why God made me.

God sees all I do. He sees me at school, at home, at play. He sees me when I sleep.

God hears all I say. I must not say bad words because God will hear and be sad.

God does everything for me. What can I do to be happy with Him? I can pray to Him, work for Him, play for Him. I must know Him, love Him, serve Him. I must do everything for Him.

I will be good because I want to be happy with God in heaven. God loves me. I love God.

Who made you? Where does God want you to go? What has God done for you? What does God know about you? What can you do to be happy with God?

* ***Who made you?***

God made me.

* ***Why did God make you?***

God made me to show His goodness and to make me happy with Him in heaven.

* ***What must you do to be happy with God in heaven?***

To be happy with God in heaven I must know Him, love Him, and serve Him in this world.

My Guardian Angel

God gave me my Guardian Angel to watch over me. I cannot see my Angel because he has no body like mine. My Guardian Angel is a spirit.

But my Guardian Angel is near me even if I do not see him. He is near me by day and by night. My Guardian Angel loves me.

He is near me when I play, when I study, when I sleep. He sees me all the time.

He sees and hears all that I do and say. He is sad when I am naughty.

He watches me so that the devil may not hurt me. He protects me from the devil.

If I feel like being bad, I will pray to my Guardian Angel. He will help me.

I will say to him often:

Angel of God, my Guardian dear,
To whom God's love entrusts me here,
Ever this day be at my side,
To light and guard, to rule and guide.
Amen.

This is the same as saying, "Dear Guardian Angel, God gave you to me because He loves me. Help me always. Do not let me hurt God at all."

Why did God give you a Guardian Angel? Why can you not see your Angel? When is he near you? When does he see you? Is your Guardian Angel happy when you are naughty? What does he do when the devil comes near you? What will you say to your Guardian Angel when you feel like being bad? Say the "Angel of God."

What does your Guardian Angel do for you?

My Guardian Angel watches over me, helps me, and protects me from the devil.

The Sin of Adam

God put Adam and Eve in Paradise. He wanted them to go to heaven after a little while. He wanted them to be happy with Him forever.

Adam and Eve were very, very happy in Paradise. Everything they wanted was there.

They could have everything except the fruit of one tree. God told them to take everything except that fruit.

But one day the devil came. He told Eve to eat of the fruit. And she did. She also made Adam eat of it.

Our first parents did not obey God. They did wrong. They committed sin. Disobeying God is sin. Disobedience to God's laws is sin.

Adam and Eve listened to the devil and not to God. They disobeyed God and committed sin.

Because of his sin, Adam lost God's love. And his sin is passed on to all of us, his children. It comes to us from the head, or origin, of all men.

Adam was our head or origin, our first father. And his sin in us is called original sin.

What could Adam and Eve have in Paradise? What could they not have? What did God tell them not to take?

* ***Who committed the first sin on earth?***

Our first parents, Adam and Eve, committed the first sin on earth.

The Punishment of Adam

God sees everything. He saw the sin of Adam and Eve. He was very sad and angry.

God hates sin. He hated the sin of Adam and Eve. He punished them. He sent them out of Paradise, and closed heaven to them.

Adam could not go to heaven because he lost God's love by his sin. All the people to be born afterwards could not go to heaven because of the sin of their first father and head, Adam.

All men, all of us, lost heaven because of the sin of Adam. Adam's loss passed to all his children. Original sin passed on to us all.

If a rich father loses his money, his children become poor. In the same way, Adam's loss of God's love was also our loss, because he was our head, our first father.

We all take after Adam in being born without God's love. We are all born with original sin. Adam's sin in us is called original sin.

What did God think of Adam's sin? What did God do to Adam and Eve? Why could not Adam go to heaven?

Why could not Adam's children go to heaven? How do we suffer on account of Adam's sin? What sin do all of us have when we are born? What is Adam's sin called in us?

* ***Is this sin passed on to us from Adam?***

Yes, this sin is passed on to us from Adam.

* ***What is this sin called in us?***

This sin in us is called original sin.

Jesus

ALL the people of the world lost heaven because of the sin of Adam, our first father and head.

God was very sorry for all the people of the world. He wanted them to go to heaven with Him. So He sent down His Son to help them.

The Son of God is Jesus Christ. Jesus is the second Person made man. Jesus is true God.

God the Son became man to help everybody to gain heaven. Jesus Christ is true man.

Jesus Christ is true God and true man.

God sent an angel to a pure and holy virgin. The virgin's name was Mary. The angel told Mary that God wanted her to be the Mother of Jesus.

The angel said, "Hail, full of grace, the Lord is with thee. Blessed art thou among women."

This is the same as saying, "Be happy! You are pleasing to God! He loves you and blesses you more than all other women!"

God chose the Virgin Mary to be the Mother of Jesus. This is why the angel called her blessed.

The words of the angel are in the "Hail Mary."
I pray like the angel when I say the "Hail Mary."

What did God do to help the people of the world? Who is the Son of God? Is Jesus God? Is He man?

* ***Did one of the Persons of the Blessed Trinity become man?***

Yes, the Second Person, the Son of God, became man.

* ***What is the name of the Son of God made man?***

The name of the Son of God made man is Jesus Christ.

* ***Is Jesus Christ both God and man?***

Yes, Jesus Christ is both God and man.

Christmas

The Blessed Virgin Mary went to see her cousin Saint Elizabeth. When Saint Elizabeth saw Mary, she said, "Blessed is the fruit of thy womb."

It was like saying, "Blessed is your Child."

These words are also in the "Hail Mary," that I say every day. They are beautiful words. Mary's Child is blessed, because He is God.

Jesus was born on Christmas Day. Christmas is the birthday of Jesus.

Jesus was born in a poor stable in Bethlehem. Angels sang in the sky.

Angels told some shepherds on a hill to go and see the Child Jesus. The shepherds went and found Jesus with His Mother. How happy they were! Kneeling, they adored the Child Jesus.

Some rich kings also came to see Jesus. A star showed them the way. They brought the Child Jesus many gifts. They adored Him.

I will also adore the Child Jesus. He became a child at Christmas for love of me.

Who was St. Elizabeth? What did she say to the Blessed Virgin Mary? Where can we find those words? What is Christmas? Where was Jesus born? Who is His Mother? Who told the shepherds to see the Child Jesus?

* ***When was Jesus born?***

Jesus was born on the first Christmas Day, more than nineteen hundred years ago.

* ***Who is the Mother of Jesus?***

The Mother of Jesus is the Blessed Virgin Mary.

The Blessed Virgin Mary

THE Blessed Virgin Mary is the Mother of Jesus. She is the Mother of God because Jesus is God.

The Blessed Virgin Mary is also my Mother. Jesus gave her to me before He died.

I love the Blessed Virgin Mary. She is our Blessed Lady. She is our Most Holy Mother.

God loved our Blessed Lady very much. He made her with no sin, even before she was born. She did not have the sin of Adam. The Blessed Virgin Mary did not have original sin.

Our Blessed Mother was the only person made without original sin. She was always holy. This is why we call her "Holy Mary."

The Blessed Virgin loves me. I am her child. I will never commit sin because sin makes her sad.

When I feel like being bad, I will pray, "My Mother, take care of me!"

Who is the Blessed Virgin Mary? Is she the Mother of God? Did Our Blessed Lady have original sin like us? Who was the only person that God made without original sin?

* *Was any one ever free from original sin?*

The Blessed Virgin Mary was free from original sin.

Say the "Hail Mary."

Hail Mary, full of grace!
the Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb,
Jesus.

Holy Mary, Mother of God,
pray for us sinners, now and
at the hour of our death. Amen.

Jesus in Nazareth

When Jesus was a boy, He lived in Nazareth with the Blessed Virgin Mary and St. Joseph.

St. Joseph took care of the Child Jesus. He worked for Him and brought Him food.

Jesus always obeyed His Mother and St. Joseph. He always did what they wanted.

When Jesus was bigger, He helped His Mother and St. Joseph as much as He could.

Jesus was very holy. He never committed sin. He never talked back or murmured. He never took what was not given to Him. He never told a lie. Jesus hated sin.

Jesus showed us how to be good. He did everything well. He prayed well. He did His work well. He played well with other children.

I will be holy like Jesus. I will hate sin because Jesus hates sin.

I will try to do everything well, as Jesus did. I will always say to Him, "All for Thee, dear Child Jesus."

Jesus will help me to pray well, work well, play well. He will help me to be a good child.

With whom did Jesus live when He was a boy? What did St. Joseph do for Him? Did Jesus obey His Mother and St. Joseph? What did Jesus do when He was bigger? How do you know Jesus was very holy when He was a boy? What did Jesus think of sin? How can we be like Jesus?

Did the Child Jesus obey His Mother and St. Joseph?

Yes, the Child Jesus always obeyed His Mother and St. Joseph.

The Wedding Party

WHEN Jesus was a man, He was invited one day to a wedding party. His Mother was there too.

There were many people at the wedding. Soon the wine was all gone.

Our Blessed Lady was very sorry for the bride and groom. So she said to Jesus, "Son, they have no more wine."

Jesus told the waiters to fill some jars with water. Then He changed the water into wine.

The people at the party were surprised. They wondered how Jesus could make water into wine.

Jesus could do that because He is God.

At that time people thought Jesus was only a man. Only our Blessed Lady and St. Joseph knew that Jesus was God.

When the time came, Jesus wished everybody to know that He was God. So He began to do wonderful things.

These wonderful things are called miracles.

Why was our Blessed Lady sorry for the bride and groom at the wedding party? What did she do to help them? What did Jesus do to the water? Why were the people surprised? Why was it easy for Jesus to change water into wine? Did the people know that Jesus was God? What did Jesus do to make people know He is true God?

What did Jesus do to show that He is true God?

Jesus worked many miracles to show that He is true God.

Miracles of Jesus

JESUS worked many wonderful miracles.

Jesus met people who could not walk. He said to them, "Stand up and walk." And they did.

Jesus met people who were blind. He touched their eyes, and they could see.

Sick people came to Him and He made them well again.

One day Jesus met a funeral. A poor boy was dead. The boy's mother was crying.

Jesus was sorry for the mother. He went to the dead boy and touched him.

And the boy came back to life!

Another day a little girl died. Her parents loved her. They were very sad when she died.

The little girl's father asked Jesus to give him back his daughter.

So Jesus went to see the little girl. He said, "Little girl, arise!"

And she came right back to life!

A man named Lazarus had been dead three days. He was buried in his grave.

Jesus said, "Lazarus, come!" And the man walked out of his grave.

It was easy for Jesus to do all these wonderful things, because He is God. It is easy for God to work miracles. God can do anything.

Tell some of the miracles worked by Jesus. Can anyone work miracles? Why was Jesus sorry for the poor mother? What did He do to help her? What did Jesus do to make the little girl's parents happy? How did Jesus bring Lazarus to life again? Can any person raise the dead to life? Who alone can make the dead live again? Why could Jesus make the dead live again? Why could Jesus easily work miracles? Do you believe that God can do anything?

Kindness of Jesus

Jesus was kind to everybody. He did many wonderful things because He was sorry for people.

One day many people followed Jesus. They had nothing to eat. Jesus was sorry for them.

So Jesus took five loaves of bread and two fishes. He told his friends to give the food to the people.

All the five thousand people who were there could eat. After all had eaten, twelve baskets of food were left over.

Only God can work such a miracle as this. We cannot do it. But Jesus did it easily, for He is God. God can do anything.

Jesus was kind to everybody. But He loved children best of all.

One day Jesus was resting. He was very tired. He had been doing good all day.

Some children wanted to see Jesus. They tried to go near Him.

But the big men said, "Go away. Jesus is tired. Go away."

Jesus saw the children and heard what the big men said.

Jesus said, "No, do not send the children away. Let them come to Me. I love them."

Jesus called the children. He said, "Come, my children, come!"

Jesus loves me because I am a child. I will be a good child for Jesus. He calls me, "Come!"

Why did Jesus work the miracle of the loaves and fishes? Why was it easy for Him to work that miracle? What people did Jesus love best of all? Tell the story of Jesus and the children.

The "Our Father"

JESUS went about doing good. He taught people how to go to heaven.

He said, "God wants all of you to go to heaven. You must be good. You must pray."

Some people said, "Lord, teach us how to pray."

And so Jesus taught them the "Our Father." It is called "The Lord's Prayer," because Our Lord Jesus Christ made it Himself.

Jesus said we should pray, "Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven."

In the first words, we remember that God is really the good Father of us all. We remember that heaven is His home, and ours, too.

"Hallowed be Thy name" is like saying, "May You be loved and praised by all, dear God."

When we say, "Thy kingdom come," we mean to ask God, "Be our king here always."

We pray, "Thy will be done on earth as it is

in heaven." This is the same as saying, "May we do what You want in the same way the angels and saints in heaven do what You want, dear God."

This is the first part of the "Our Father."

The "Our Father" is the best prayer we can ever say. Our Lord made it Himself. God loves to hear me say it. Jesus made it for me.

* ***Why is the Our Father the best of all prayers?***

The Our Father is the best of all prayers because it is the Lord's Prayer, taught us by Jesus Christ Himself.

The Pharisee and the Publican

JESUS taught the people how to pray. He told a story about two men who went up to the Temple to pray.

One man was called a Pharisee. The other man was called a Publican.

The Pharisee was very proud. He walked up to the center of the Temple and began to speak. He wanted people to see him and to think him good. He only praised himself when he spoke words to God.

But the Publican went to one side quietly. He bowed low and said to God, "Take pity on me, dear Lord, for I am a sinner." He was not thinking of people at all, but of God.

Jesus said we must pray like the Publican. We must remember that when we pray, we are talking to God. We should think of what we are saying.

In the second part of the "Our Father," Jesus taught us how to ask God for what we need. We say, "Give us this day our daily bread."

By these words we ask God for all that we need.

We ask for food. We ask for clothes. We ask help in our lessons. But most of all we ask for help so that we can go to heaven.

If we pray like the Publican, God will hear us. He will give us more than we ask for.

How did the Pharisee pray? Did he praise God or himself? Was God pleased with his prayer? How did the Publican pray? Did he remember that he was talking to God? Should we pray like the Pharisee or like the Publican? To whom do we talk when we pray? What do we ask God for when we say, "Give us this day our daily bread"?

The Bad Servant

Jesus taught the people to be good to others. He said God will forgive those who forgive others.

Jesus told a story about a bad servant. He was the servant of a king.

The king wanted to punish him. But the servant begged the king to forgive him.

The king was sorry for his servant. He forgave him willingly.

But the servant was bad. A poor man asked him for pardon. But he did not want to pardon that poor man. He was bad to the poor man.

The king heard how bad his servant was. He was angry. He called his servant.

He said, "I forgave you, but you would not forgive that poor man. Now I will not forgive you any more."

The king punished his bad servant.

In the second part of the "Our Father," Jesus told us to pray, "And forgive us our trespasses as we forgive those who trespass against us."

This is the same as saying, "And please pardon us the bad things we do, if we first pardon other people the bad things they do to us."

Trespasses are sins. In this part of the "Our Father," we ask God to pardon us our sins.

What must we do first before God will forgive us? Tell the story of the bad servant. Why did the king forgive him at first? Why did the king punish him at last? What are trespasses? What do we say to God when we say, "And forgive us our trespasses as we forgive those who trespass against us"? Where do we find these words?

Jesus and the Devil

ONCE Jesus prayed forty days and forty nights. All that time He did not eat. The devil came and tempted Jesus. He tried to make Our Lord commit sin. But Jesus drove him away.

If we feel like being bad, that is a temptation. We must drive it away, as Jesus drove away the devil. It is not wrong to be tempted. Our Lord was tempted, but He did not do wrong.

Temptation is not a sin. If we do not like the temptation, we have no sin.

In the last part of the "Our Father" we say, "And lead us not into temptation, but deliver us from evil. Amen." In these words we ask God to help us. We ask Him not to let us do wrong, but to save us from sin.

If we are tempted, we must quickly pray for help. We must say the "Our Father," the prayer made by Our Lord Himself.

When did the devil try to tempt Our Lord? What did Jesus do? Is it a sin to be tempted? How do we feel when

we have a temptation? What must we do then? What do we ask in the very last part of the "Our Father"?

Say the "Our Father."

Our Father, Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is
in heaven.

Give us this day our daily bread;
and forgive us our trespasses
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

The Last Supper

Jesus had many friends. From them He chose twelve men. We call them apostles. Jesus taught them well. He showed them that He was God.

The apostles loved Jesus. They knew that He was God. They believed all that He said to them.

But other men hated Jesus. Bad men hated Our Lord because of His goodness. The more good Jesus did, the more the bad men hated Him.

At last they said, "Let us kill this man Jesus. Let us put Him to death."

Now Jesus knew what the bad men wanted to do. He knew because He was God. He called His apostles together the night before He died.

The night before He died, Jesus ate supper with His apostles. After supper, He took some bread. He blessed it and broke it. Giving it to His apostles, He said, "This is My body."

As soon as Jesus said, "This is My body," the bread was no longer bread, but the body of Jesus, Son of God.

What Jesus held in His hand looked and tasted like bread, but it was not bread. It was Himself.

Jesus then took a cup of wine. He blessed it, and giving it to them, said, "This is My blood."

All at once the wine became the blood of Jesus Christ. It looked and tasted like wine, but it was no longer wine. It was the blood of Jesus, Son of God. It was Himself.

That is the Holy Eucharist. Jesus gave us the Holy Eucharist at the Last Supper, the night before He died. Christ could change bread and wine into His body and blood because He is God.

The First Priests

At the Last Supper, Jesus changed bread and wine into His body and blood. He gave us the Holy Eucharist.

Jesus loves us very much. He wanted us to have Him always. And this is why He told the apostles to do what He had done. He said to them, "Do this in remembrance of Me."

By these words Jesus told His apostles to change bread and wine into His body and blood. By these words Jesus made the apostles priests.

Jesus made the apostles priests by saying to them at the Last Supper: "Do this in remembrance of Me."

The apostles were the first priests. And they were the first bishops. The apostles were the first priests and bishops of the Catholic Church.

Saint Peter was one of the twelve apostles. Jesus made him head of all. Saint Peter was the leader. He was the chief teacher and ruler. He was the very first Pope of the Catholic Church.

What words did Jesus say when He took bread at the Last Supper? What happened to the bread? What did He say over the wine? What happened to the wine? Why could He change bread and wine into His body and blood? What did Jesus tell the apostles to do after Him? What words did He use? By what words did He make the apostles priests? Who were the first priests and bishops of the Church? Who was the first Pope?

* ***What happened at the Last Supper when Our Lord said: "This is My body . . . this is My blood"?***

When Our Lord said, "This is My Body," the bread was changed into His body; and when He said, "This is My blood," the wine was changed into His blood.

The Passion of Jesus

After the Last Supper, Jesus and His apostles went to a garden. There Jesus became very sad. He was thinking of the sins of men.

Jesus saw all the sins men had committed from the time of Adam and Eve. He saw all the sins men would commit to the end of the world. These terrible sins made Jesus very sad.

Jesus saw my sins, too. They also hurt my good Lord. My sins also made Him suffer.

Jesus was so sad that blood came out from all over His body. He suffered this for our sins.

We call the sufferings of Jesus for our sins His passion. The sufferings of Jesus made up for the sins of all men. They satisfied for our sins.

The bad men who hated Jesus took Him from the garden. They made Him a prisoner. They tied Him to a post and beat Him with big whips.

They spat on Him and put a crown of thorns on His head. Laughing, they called Him bad names.

But Jesus was silent. He suffered everything because He loved us. He suffered all things for our sins. Jesus also suffered for me.

* ***Why did God the Son become man?***

God the Son became man to satisfy for the sins of all men and to help everybody to gain heaven.

The Death of Jesus

The bad men made Jesus carry a heavy cross. He had to carry it along the streets. He had to carry it up Mount Calvary.

Our Lord was so weak that He fell down several times. But the bad men beat and beat Him until He stood up again.

On the way Jesus met His Blessed Mother. How she must have suffered upon seeing her Son!

At last Jesus reached Mount Calvary. The bad men then nailed His hands and feet to the cross. They were the enemies of Jesus.

They stood up the cross and let Jesus hang there. For three hours He suffered on the cross.

Jesus died little by little. His blood fell drop by drop. At last He was dead. He died for us all.

We call the day of Our Lord's death Good Friday. On that day Jesus died for our sins.

Jesus died to satisfy for the sins of all men by His sufferings and death on the cross. Jesus is our Saviour.

What did the bad men make Jesus carry? Where did Jesus carry His cross? What did the men do to Jesus when they reached Mount Calvary? How long did Jesus hang on the cross? Why did Jesus suffer and die on the cross?

* ***How did Jesus satisfy for the sins of all men?***

Jesus satisfied for the sins of all men by His sufferings and death on the cross.

The Catholic Church

At the Last Supper Jesus Christ made the apostles bishops and priests. They were the very first bishops and priests of the Catholic Church.

Saint Peter was their head. He was the first Pope of the Church, the very first Holy Father.

Our bishops came after the apostles. And our Holy Father the Pope came after Saint Peter.

The Pope and the bishops rule the Catholic Church. With the help of our priests, they take care of us all.

From the time of the Last Supper, bishops and priests have obeyed Jesus. Under the Holy Father, they have taken care of the Catholic Church. They take care of all of us.

They have done this in order to help all men to gain heaven. Jesus became man to help everybody to gain heaven. And the Catholic Church helps everybody to gain heaven.

The Catholic Church takes care of us for Jesus. The Church does everything for Jesus.

Jesus helps all men to gain heaven through the Catholic Church. The Catholic Church is God's Church. Our Church is God's Church.

Who came after the apostles? Who came after Saint Peter? Who rule the Catholic Church? Who help the bishops in the care of all? Why does the Catholic Church take care of us all? What does the Catholic Church do for everybody? For whom does the Church do everything? Which Church is God's Church?

* ***How does Jesus help all men to gain heaven?***

Jesus helps all men to gain heaven through the Catholic Church.

The Sacraments

God the Son left us some ways by which we can get God's grace to help us to gain heaven.

God's grace is a gift or present from God, which helps us to gain heaven. Grace makes the soul holy and pleasing to God. We cannot go to heaven without this gift of God's grace.

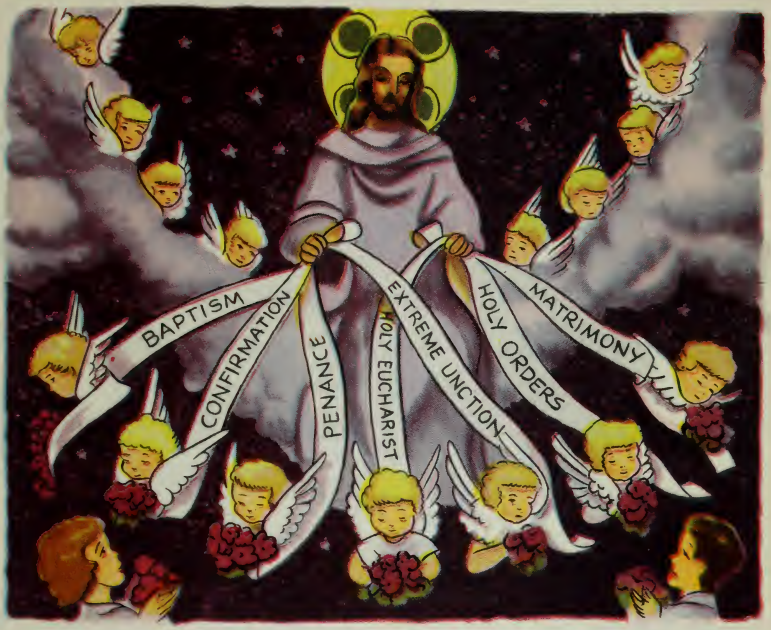
Jesus left us seven ways by which we can surely get this gift of God's grace. These ways that Jesus left are the sacraments. Christ the Lord Himself instituted the seven sacraments.

Jesus left the sacraments to the Catholic Church, which takes càre of us all. And the Church gives them to us. The Church helps us to gain heaven especially through the sacraments.

Sacraments are outward signs. We can see and hear when they are being given.

If I use the sacraments in the right way, God will bless me. I will have grace. My soul will be holy and pleasing to Him. I cān go to heaven.

Jesus left us seven sacraments, seven ways of



gaining God's grace. Every time we receive a sacrament, it is really Jesus Who gives it to us.

* ***What is a sacrament?***

A sacrament is an outward sign, instituted by Christ to give grace.

* ***What does grace do to the soul?***

Grace makes the soul holy and pleasing to God.

Baptism

When I was a very little baby, I received the sacrament of Baptism.

I had a godmother and a godfather. My godmother held me in her arms. My godfather stood near and put his hand on me.

The priest prayed over me. He asked God to send me His grace.

Then the priest took some water and poured it upon my head, saying: "I baptize thee in the name of the Father, and of the Son, and of the Holy Ghost."

And after that, I had received the sacrament of Baptism. I belonged to Jesus Christ. I was a Christian. I had no more original sin.

Baptism is a wonderful sacrament. When I was born, I had the ugly original sin that came from our father Adam. I could not go to heaven.

But after Baptism, I was made clean of all sin. I became a child of God. Baptism opened the gates of heaven to me.

Baptism washed away original sin from my soul, and made it rich in the grace of God. My soul became most holy and pleasing to God.

I have received one sacrament: Baptism. I am preparing to receive three other sacraments soon: Confirmation, Penance, and Holy Eucharist.

* ***What did Baptism do for you?***

Baptism washed away original sin from my soul and made it rich in the grace of God.

Confirmation

When Jesus went up to heaven, the apostles were still a little afraid of the bad men who had killed Christ. They were afraid of His enemies.

But one day, while the apostles were praying, the Holy Ghost came down on them. And do you know what happened?

The apostles became very brave. They became perfect Christians. They became fearless soldiers of Christ, ready to fight and die for God.

The apostles went out and began to teach about the things Jesus had taught. They were not afraid of anyone. They were not afraid of death. It was the Holy Ghost that had made them strong.

Our bishop will give me the sacrament of Confirmation. It will give me the Holy Ghost, the Holy Spirit.

My Confirmation will make me a strong and perfect Christian. It will make me a fearless soldier of Jesus Christ.

Confirmation means "making strong." My

Confirmation will give me the Holy Ghost. It will do to me what the Holy Ghost did to the apostles long ago. Confirmation will make me a strong and perfect Christian and soldier of Jesus Christ.

What happened to the apostles when the Holy Ghost came down on them? What will Confirmation do for you? Who will give you the sacrament of Confirmation?

* ***What will Confirmation do for you?***

Confirmation, through the coming of the Holy Ghost, will make me a soldier of Jesus Christ.

Actual Sin

Adam and Eve committed sin. God sent them out of Paradise. God shut heaven to them.

Adam's sin in us is called original sin. But original sin is not the only kind of sin. There is another kind, called actual sin.

Actual sin is any sin we ourselves commit.

Adam and Eve had children. One of the sons, Cain, was wicked. He killed his brother Abel.

That sin of Cain's was an actual sin. Killing is a wicked sin. God punished Cain for it.

God is holy. He hates sin. He punishes sin. We cannot see God if we have even one little sin.

Heaven is a most holy place. If we want to go to heaven, we must have no sin at all.

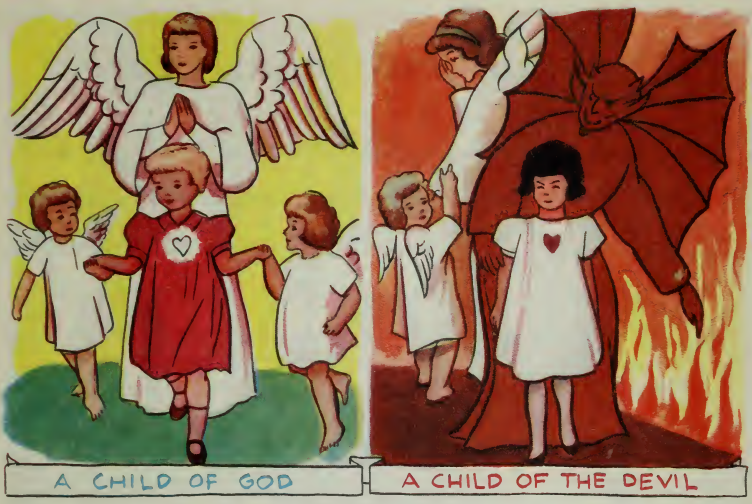
God wants us to be good. If we are bad, we sin. Sin is disobedience to God's laws.

It is a sin to fight or say bad words.

It is a sin to disobey our parents and teachers.

It is a sin to steal.

It is a sin to tell a lie.



All these are sins. They make God sad. They shut us out of heaven. God will punish us if we do not have our sins taken away.

Why did God punish Adam and Eve? Can we go to heaven if we have a sin? What is sin? Name some sins.

* ***Is original sin the only kind of sin?***

No, there is another kind of sin, called actual sin.

* ***What is actual sin?***

Actual sin is any sin which we ourselves commit.

Big Sins and Small Sins

Some sins are big. Big sins are called mortal sins. Mortal sins make God very sad. We become children of the devil when we have mortal sins.

At night a man comes into a store. He takes away all the money. He is a robber. He commits a big sin. His heart is all black with mortal sin.

God told us to go to Mass every Sunday. A child does not go. He goes to play in the streets instead. He has committed a big sin. That is a mortal sin. His heart is all black.

If we die with a big sin, we have to go to hell forever and forever. Nobody can help us. We shall never see God. We shall have to suffer with bad people and devils forever and forever.

Some sins are small. Small sins are called venial sins. They make God a little sad. They put some dirty spots in our hearts.

A child takes some candy from the table. His mother had told him not to eat candy that day. He commits a small sin. That is a venial sin.

* *How many kinds of actual sin are there?*

There are two kinds of actual sin: mortal sin and venial sin.

* *What is mortal sin?*

Mortal sin is a deadly sin.

* *What is venial sin?*

Venial sin is a lesser sin.

What Our Sins Did to Jesus

JESUS suffered His passion and died on the cross to save us from sin. He wanted to take away our sins, so that we could go to heaven.

Jesus loved us so much that He died rather than see us shut away from heaven.

It is sin alone that shuts us away from heaven. Sin must be very dreadful. It caused Jesus much suffering and pain. Sin makes us enemies of God.

For our sins, Jesus left His home in heaven and became a little child. He suffered hunger and cold. He was hated by bad men.

For our sins Jesus suffered in the garden, until drops of blood came out from all over His body. He was beaten until He was covered with wounds.

For our sins Jesus was crowned with thorns that went deep into His sacred head. For our sins Jesus carried His heavy cross to Mount Calvary.

For our sins Jesus was nailed by His hands and feet to the cross. He was pierced with a spear and the last drop of His blood flowed out.

Jesus suffered all this because He loved us. Sin must be a terrible thing to do all this to our good Lord. Mortal sin makes us enemies of God and robs our souls of His grace. I hate sin.

Why did Jesus suffer and die on the cross? Name some things that our sins did to Jesus. Must we hate sin?

* ***What happens to those who die in mortal sin?***

Those who die in mortal sin are punished forever in the fire of hell.

How Sins Are Taken Away

Baptism takes away sin. But what did Jesus give us, to take away our sins after Baptism? He gave us the sacrament of Penance.

We receive the sacrament of Penance when we go to confession. Penance is a wonderful sacrament. It takes away our sins.

In confession we must tell all our sins to the priest. He is there in the place of Jesus Christ.

Jesus made priests able to take away sins in the name of God. Only priests can do this.

I want to go to confession. I must first find out what sins I have. I must think.

I shall ask Jesus to help me to think. I say, "Dear Jesus, I want to have my sins taken away. Please help me to find out what sins I have."

I also ask my Blessed Mother. I say, "Dear Blessed Virgin Mary, please help me to find out my sins. I want to go to confession."

Jesus and Mary will help me. I shall find out all my sins. I shall know what to tell in confession.

I shall see what wrong I did in church, at home, at school and in the street. I shall see what wrong I did with my eyes, ears, mouth, hands, and feet.

What sacrament did Jesus give us to take away sins after Baptism? When do you receive the sacrament of Penance? To whom do you tell your sins in confession? What does the priest do to your sins in confession? Why can the priest do this? Whom should you ask to help you find out your sins?

* ***What is the sacrament of Penance?***

The sacrament of Penance is the sacrament by which sins committed after Baptism are forgiven.

The Child and Prayer

God told us to go to Mass on Sundays and holydays. He wants us to pray in church.

I go to church to talk to God. I must be very good there, for it is God's house.

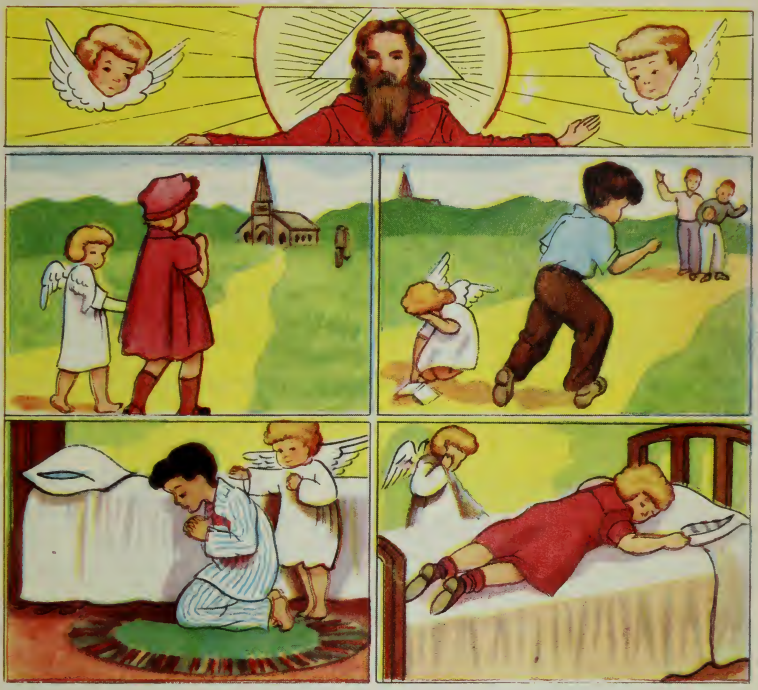
A child's mother tells him to go to Mass one Sunday. He sees some bad friends in the street. He stops to play with them. He does not go to Mass. That is a big sin. It is a mortal sin.

A child goes to church on Sunday. On the way she stops to play with her dog. She comes a little late to Mass. That is a small sin.

The child plays in church. He looks around. He laughs. He talks to others. He throws things. All these are small sins. They are venial sins.

It is morning. The child wakes up and gets out of bed. He kneels down and says his morning prayers. He thanks God for his sleep. He is a good child.

It is night. A child goes to sleep. She does not thank God for the day. She is impolite to God.



A child goes to eat. He sits down at once and eats and eats. Then he gets up and runs away. He does not thank God for his food. He is not a good child. He is impolite to God.

What does God want us to do on Sundays and holydays? What does He want us to do in church? Name some sins that children commit in church. When should we pray at home? When should we thank God?

The Child at Home

THE Child Jesus always obeyed His Mother and Saint Joseph. God wants all children to be obedient like the Child Jesus.

We must obey our parents. We must do errands for them. We must help them. We must be good to our brothers and sisters.

A child's mother asks her to take care of the baby. She does not want to do it. She murmurs angrily. She is a disobedient child.

A child teases her little brother. She makes him cry. She is not a good child.

A mother sends her little boy to buy something in the store. He stops to play in the street. He forgets the errand. He is not a good child.

A child sees some money his mother has left on the table. He takes some of it. He commits a sin. To steal is a sin.

His mother comes. She asks who took the money. He says, "I did not take it." He tells a lie. A lie is a sin.

A mother calls the children to eat. They do not mind her. They go on playing. These children are not obedient. They make God sad.

What must we do when our parents ask us to do something? Name some of the good things we can do at home. Name some of the sins that a disobedient child commits.

The Child at School

Our parents want us to go to school. If we are good, we shall be happy to go.

At school the teacher takes the place of our parents. We must obey the teacher.

A child runs to play instead of going to school. This child is disobedient. He commits sin.

A child goes to school. He does not study. He keeps talking in class. He makes faces and plays bad tricks. He teases the other children. He is not a good child. He commits sin.

The class is praying. A child does not pray. She keeps looking in her book. She does not ask God to help her study. She commits a small sin.

A child breaks the flower vase. The teacher asks, "Who did this?" The child raises his hand and says, "I broke it, please." He is a brave child. God sees him and is happy. God loves a child who tells the truth.

The Child Jesus played, too. How did He play? Did He quarrel and kick and cheat at His

games? Did He say bad words? Of course not!

Jesus does not want His dear children to be bad at their play.

Who takes the place of our parents at school? Whom must we obey at school? Tell some of the good things we can do at school. Tell some of the bad things we must not do.

The Child in the Street

God sees us everywhere. He sees us in the street. We must be as good and polite there as at home and at school.

Some children meet in the street. They make faces at each other. They fight. They say bad words. All these make God sad.

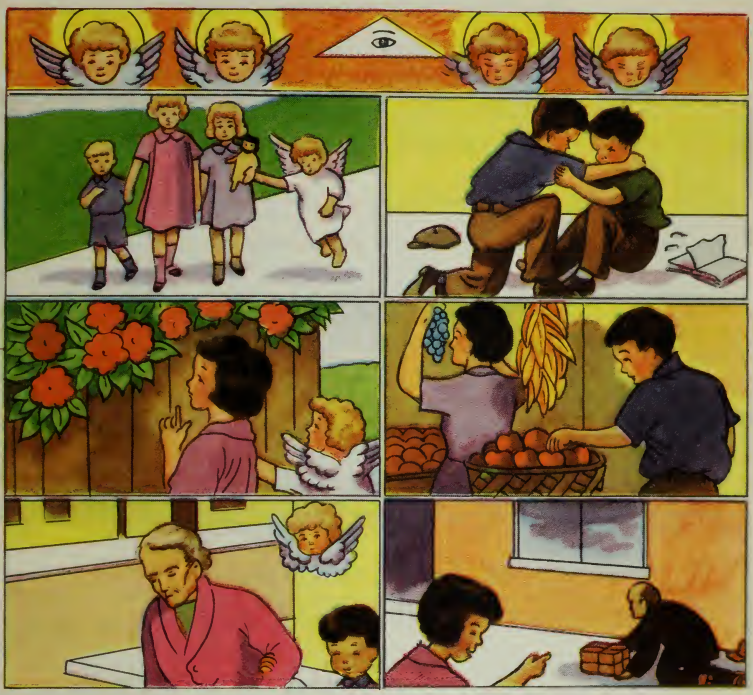
A little girl walks along. She passes a garden. She wants to pick the flowers. But no, they are not hers. She goes on. She makes God happy.

A child sees some big apples. The woman is not looking. He takes one and runs away. He steals the apple. That is a sin.

Some children throw stones. They break windows. They break fences. They write on the walls of houses. They commit sins.

An old man is coming with a big bundle. He stumbles and falls. A little girl laughs at the old man. She is a bad child.

A little boy runs to get into a bus. He pushes other people. He pushes ahead of others there



before him. He makes the people angry. He is a rude child. He commits sin.

In the street we must be quiet and polite. We must help those who need help. We must not stop to look around or play. We must not take what is not ours.

How should a good child act in the street? Tell some good things we can do. Tell some bad things we must not do.

How to Make God Happy

If I want God to be happy, I must be good.

I must go to Mass on Sundays and holydays. I must be quiet and pray in church.

I must say my morning and night prayers. I must say my prayers at meals and classes.

I must always obey and help my parents. I must be kind to my brothers and sisters.

I must obey the teacher. I must pay attention in class.

I must not tell lies. I must not steal.

I must play like a good child. I must not fight, hurt anyone, or say bad words.

I must not cheat in my lessons or games or anywhere else.

I must not spoil what belongs to other people. I must help those who need help.

I must not do anything that I would be ashamed to let my mother know.

If I keep all these things, God will be very happy. I shall have no sin.

If I do not keep some of these things, I shall have sins. I must find out what sins I have. Then I must be sorry for them. If I am not sorry for my sins, confession will not take them away.

My sins make God sad. I must be sorry for them, so that confession can take them away. Then God will be happy.

What are some of the things we must do in order to be good? If we have some sins, what must we do before confession? Will your confession take away your sins if you are not sorry for them?

The Bad King

God told us to confess all our big sins. If I find that I have a mortal sin, I must tell it.

If I have a mortal sin, I shall remember how sad it made Jesus. I shall be very sorry.

But I shall not be afraid to tell my big sin. Jesus is sad when He sees me do something wrong. But He is very happy when He hears me confess it.

I shall not be afraid to tell my sins, because only God and the priest will know. The priest will die before he lets anyone else know my sins.

Once there was a king. He wanted to know what sins the queen had confessed. He went to ask the priest.

But the priest said, "I may not tell any sin."

The king was a bad man. He said to the priest, "I will give you money and houses and everything, if you will tell me the sins the queen confessed."

But the priest said, "No, I may not tell the sins that have been told to me."

The bad king was angry. He told his soldiers to throw the priest into the river. And they did.

The priest died. He died rather than tell even one little sin he had heard in confession.

And this is how all priests are. Our own priest would rather be killed than tell any of our sins. He hears our sins only for God.

Why should you be sorry if you have a big sin? Shall you be afraid to tell the sin to the priest? Who will know that you have done something wrong? Will the priest tell anyone what you tell him? Tell the story of the bad king.

How to Be Sorry for Sin

I HAVE thought of my sins. I know what sins I have to tell the priest in confession. I know how many times I committed each sin.

Now I must be sorry for my sins. I must make up my mind not to sin again. My confession will not be good if I am not sorry.

I am sorry for my sins if I can truly say, "I wish I had never committed these sins. I wish I could take them back. I will not sin again."

So when I have found out all my sins, I kneel down and talk to Jesus. I say to Him:

"Dear Jesus, You can see all my sins. They make You very sad. I am sorry that I hurt You.

"I am sorry that I have been bad to You. My sins made You suffer, dear Jesus. My sins wounded Your body and put thorns on Your head. My sins made Your cross so heavy!

"My sins put nails in Your hands and feet, dear Jesus. My sins broke Your Sacred Heart. My sins killed You, my good Jesus.

"O Jesus, forgive me my sins! I will never sin again. I will never be bad to You again. I want You to be happy. Help me to be good!"

* ***What must you do to receive the sacrament of Penance?***

To receive the sacrament of Penance I must:

1. **Find out my sins.**
2. **Be sorry for my sins.**
3. **Make up my mind not to sin again.**
4. **Tell my sins to the priest.**
5. **Do the penance the priest gives me.**

Confession

Now I can go to confession. I do not worry even if I cannot remember everything. Jesus does not mind if I really forget. He knows how easy it is to forget.

I see if I can tell my sins in a short way. Most of our sins can be told easily, like this, "I was disobedient five times."

But first I say an act of contrition. This is a prayer telling God I am sorry for my sins.

I say, "O my God, I am sorry for all my sins, because they displease Thee, Who art all-good and deserving of all my love. With Thy help, I will sin no more." This is an act of contrition.

Next I go into the confessional and kneel. I wait until the priest opens the little window.

I make the sign of the cross and say: "Bless me, Father, for I have sinned."

I say: "This is my first confession." If I have gone to confession before, I say: "It has been one week (or one month) since my last confession."

Now I must tell how many times I committed each mortal sin. Then I confess my venial sins.

I must not speak too loud, or someone might hear. Only God and the priest should hear my sins.

If I have a sin that I do not know how to tell, I say to the priest, "Father, I have a sin, but I do not know how to say it." The priest will help me.

When I have told all my sins, I say, "I am sorry for all my sins. That is all, Father."

* ***What is Confession?***

Confession is telling our sins to a priest, to obtain forgiveness.

Good and Bad Confession

God told us to confess all our mortal sins. The venial sins we may confess if we like.

A child has two big sins and three small sins. He says, "I love God. I will obey Him. I will confess all my sins, big and small."

He tells all his sins to the priest. After confession, he has no more sins. His heart is all nice and clean. He makes a good confession.

A child has two big sins and three small sins. She goes to confession. She tells one mortal sin. Then she is ashamed, and does not tell the other mortal sin. She tells the three venial sins.

This child makes a bad confession. Not even one of her sins is taken away. She gets another big sin, for making a bad confession.

A child has two big sins and four small sins. She looks for her sins before confession. But she can find only one mortal sin and four small sins. She forgot the other mortal sin.

She goes to confession and tells one big sin and one small sin. This child makes a good confession.

God sees the big sin that she forgot. He takes it away also. But if afterwards she remembers the mortal sin, she must tell it in her next confession.

A child has no big sin. She has three small sins. She confesses the three small sins. She makes a good confession. All her sins are taken away.

Which of our sins must we confess? What happens if we confess all our sins except one mortal sin?

* ***What sins must you tell in confession?***

In confession I must tell all my mortal sins; I should also tell my venial sins.

Penance and Thanks

After I have told all my sins, the priest talks to me. I must listen very well.

Then he tells me to do something or to say some prayers. This is what is called my penance. It is a small punishment for my sins.

Last of all, the priest tells me to say the act of contrition. Then he makes the sign of the cross over me. This means God is taking away all my sins. God is washing my heart all clean.

As the priest makes the sign of the cross over me, I also make the sign of the cross. After this, my heart is all clean. I have no more sins.

I do not go away until the priest closes the little window. Then I go back to my seat. I kneel down and say my penance.

Then I thank God for my good confession. I say, "O my God, I thank You for taking away my sins. I thank You for cleaning my little heart.

"Please help me so that I may always be Your good child and never sin again."

* *How do you make your confession?*

I make my confession in this way:

1. I go into the confessional and kneel.
2. I make the sign of the cross and say: "Bless me, Father, for I have sinned."
3. I say: "This is my first confession" (or, "It has been one week, or one month, since my last confession").
4. I confess my sins.
5. I listen to what the priest tells me.
6. I say the act of contrition loud enough for the priest to hear me.

The Good Shepherd

JESUS loved us very, very much. No one can love us more than Jesus did. Jesus suffered because He loved us. He died because He loved us.

Jesus told a story to show how much He loved us. The story is about a good shepherd. Jesus said, "I am the Good Shepherd."

At that time the shepherds stayed with their sheep night and day. There were many wild animals. They wanted to hurt the sheep. They always tried to catch the sheep and kill them.

A good shepherd would save his sheep from the wild animals. Even if he himself got killed, he would try to help his sheep.

Jesus is the Good Shepherd. We are the sheep. The wild animals are the devils, who try to make us do wrong.

Jesus said a sheep might get lost. The good shepherd would go and look for his lost sheep. He would never rest till he had found it.

The good shepherd would go and save it, even

if he himself got hurt. He would be very, very happy at having found his lost sheep.

Jesus is the Good Shepherd. The lost sheep is the sinner. After confession, I feel like that lost sheep, safe again in the arms of my Shepherd.

* ***What do you do after leaving the confessional?***

After leaving the confessional, I say the penance the priest has given me, and thank God for forgiving my sins.

Getting Ready for Communion

AFTER confession I remember that the next day I shall receive Holy Communion.

At the Last Supper Jesus gave the apostles their first Holy Communion. They were the very first people on earth to receive Holy Communion.

Holy Communion is the receiving of the body and blood of Jesus. It is the receiving of Jesus Christ in the sacrament of the Holy Eucharist.

In the Holy Eucharist I receive the body and blood of Our Lord Jesus Christ. I receive God.

Our hearts must be clean, to receive God. This is why we go to confession before Communion.

From midnight until the morning after I have received Holy Communion, I must not eat or drink anything. I must not eat or drink even a bit.

I think of Jesus, Whom I am to receive. I tell Him that I love Him, and long to receive Him.

In the morning I go to church early. At the door I make the sign of the cross with holy water.

I go in quietly. Before going to my seat I kneel

on my right knee. This is to say "good morning" to Jesus, Who is hidden on the altar.

* *What is the sacrament of the Holy Eucharist?*

The Holy Eucharist is the sacrament of the body and blood of our Lord Jesus Christ.

* *What must you do to receive Holy Communion?*

To receive Holy Communion I must:

1. **Have my soul free from mortal sin.**
2. **Not eat or drink anything after midnight.**

At Holy Mass

I KEEP quiet in my place while waiting for the priest to say Holy Mass. I talk to Jesus, Who is hidden on the altar. I pray.

From the time of the Last Supper priests have changed bread and wine into Jesus Himself. They do this during the Sacrifice of the Mass.

The priest comes out and begins Mass. I know that he is taking the place of Jesus.

At Mass the priest does what Jesus did at the Last Supper. He changes bread and wine into the body and blood of Jesus Christ, Son of God.

This happens at the most holy time of the Mass. This time is called the consecration.

I know that it is almost the consecration when the altar boy rings the bell. I kneel.

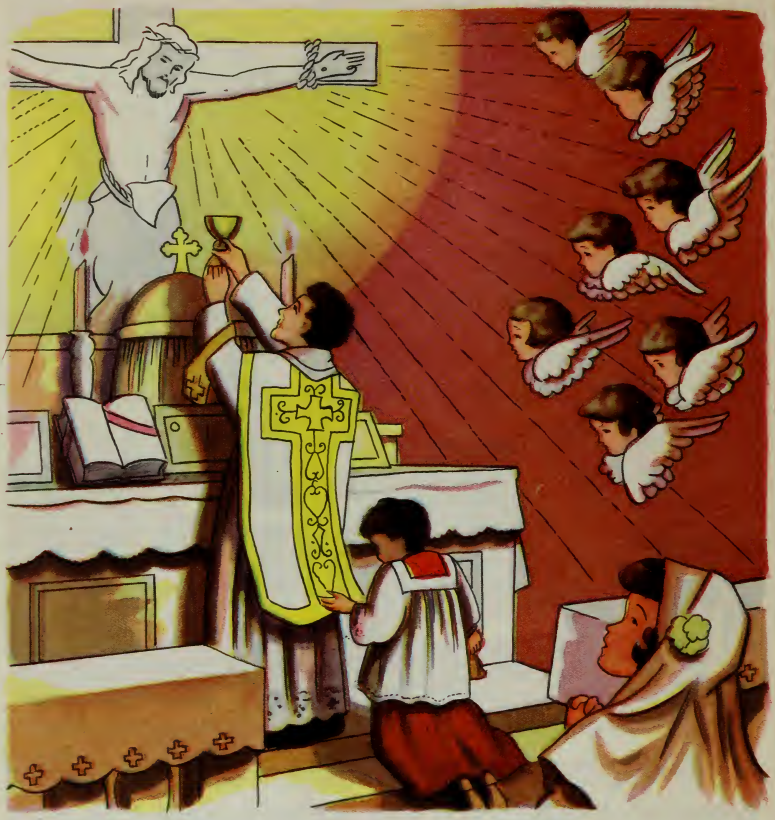
The altar boy gives the bell a little ring. I know that the priest will now change the bread and wine into the body and blood of Jesus Christ.

Taking the bread, the priest says the very words Jesus said long ago: "THIS IS MY BODY."

And there is no more bread on the altar. The bread is changed into the body of Jesus Christ.

The priest holds up Our Lord. I look lovingly up and say, "My Lord and my God! I love You!"

Then I bow my head. I think of the shepherds adoring the Child Jesus that first Christmas long ago. I adore Him, too. I say, "Come to me!"



The priest now takes the gold cup. The cup has wine in it.

The priest says over the wine the very same words Jesus said long ago. He says: "THIS IS MY BLOOD."

And right away the wine is changed into the blood of Jesus Christ, Son of God.

The priest holds up the gold cup. I look up at the cup containing Our Lord. I say with all my heart, "Jesus, wash me in Your sacred Blood!"

Then I bow down and adore the Lord. I think of Him hanging on the cross on Mount Calvary.

Now Jesus is on the altar. Jesus Christ is now present in the Holy Eucharist.

I pray to Him, "Jesus, I love You! I am sorry that I ever hurt You! Forgive me my sins!"

After a while the bell rings again. That is a sign telling me that I must get ready for Jesus. I pray to our Lady and to my Guardian Angel.

How happy I am! I say to Jesus, "Come, my Jesus, come! Come to me, and do not wait!"

What does the priest do at Mass? What do we call the most holy time at Mass? What happens at the consecration?

**** When does Jesus Christ become present in the Holy Eucharist?***

Jesus Christ becomes present in the Holy Eucharist during the Sacrifice of the Mass.

Receiving My Jesus

I AM going to receive Jesus Christ, the Son of God. I am going to receive the same Child Jesus that was born on Christmas Day long ago.

He is the same Jesus that changed the water into wine at the wedding party. Now He has changed bread and wine into His body and blood.

He is the same Jesus that cured the sick, that fed the hungry, that made the lame walk and the blind see. He is the same Jesus that raised the dead.

This is the very same Jesus that loved the children long ago. He said to them then, "Come!" Now He says to me, "My child, come to Me!"

I love Jesus. I want to receive Him. I will receive Him in Holy Communion. I walk up slowly to the altar rail. I hold my hands together. I say to Jesus, "Come, my Jesus, come to me!"

The priest comes. I open my mouth. I put out my tongue a little. It is a small table for my Lord. The priest puts the Holy Eucharist on my tongue. I know it is Jesus, my Lord and my God.

I swallow my Holy Communion at once. If it sticks to my mouth, I must take it off with my tongue. I must never use my finger.

I go back very quietly to my seat. I am carrying Jesus in my heart. I am safe in His.

* ***Do you receive Jesus Christ in the sacrament of the Holy Eucharist?***

I do receive Jesus Christ in the sacrament of the Holy Eucharist when I receive Holy Communion.

Holy Communion

Now Jesus is in my heart. I have received Him in Holy Communion. I speak to Him with great love. I say to Him:

"Dear Jesus, how good of You to come to me! I love You. I thank You for all You have given me. I thank You for giving Yourself to me.

"I give You my whole self in return. I give You my mind, my body, my heart and my soul. Take me, so that I may never be parted from You.

"I am sorry that I was ever bad to You. I hate my sins because they made You sad. Please forget them, my Jesus.

"I will never hurt You again. Please help me, so that I may not sin any more. Bless me, dear Jesus, that I may learn to love You more.

"Bless my father and mother, my brothers and sisters. Bless all I love, dear Jesus. Bless us all, that we may learn to love You more and more.

"Stay always in my heart, my sweet Jesus, because I love You so! Amen."

Prayers to Learn by Heart

The Sign of the Cross

✠ In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

The Lord's Prayer

Our Father, Who art in heaven,
1. Hallowed be Thy name;
2. Thy kingdom come;
3. Thy will be done on earth as it is in heaven.
4. Give us this day our daily bread;
5. And forgive us our trespasses
   as we forgive those
   who trespass against us;
6. And lead us not into temptation,
7. But deliver us from evil. Amen.

The Hail Mary

Hail Mary, full of grace!
the Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

The Apostles' Creed

1. I believe in God, the Father Almighty,
   Creator of heaven and earth;
2. And in Jesus Christ, His only Son,
   Our Lord;
3. Who was conceived by the Holy Ghost,
   born of the Virgin Mary,
4. Suffered under Pontius Pilate,
   was crucified, died, and was buried.
5. He descended into hell; the third day
   He rose again from the dead;
6. He ascended into heaven, sitteth at the
   right hand of God, the Father Almighty;
7. From thence He shall come to judge
   the living and the dead.
8. I believe in the Holy Ghost,
9. The Holy Catholic Church,
   the communion of saints,
10. The forgiveness of sins,
11. The resurrection of the body,
12. And life everlasting. Amen.

Glory Be to the Father

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

An Act of Faith

O my God, I believe all the truths which the Holy Catholic Church teaches, because Thou hast made them known.

An Act of Hope

O my God, because Thou art all-powerful, merciful, and faithful to Thy promises, I hope to be happy with Thee in heaven.

An Act of Love

O my God, because Thou art all-good, I love Thee with my whole heart and soul.

An Act of Contrition

O my God, I am sorry for all my sins, because they displease Thee, Who art all-good and deserving of all my love. With Thy help, I will sin no more.

Prayer to the Guardian Angel

Angel of God, my Guardian dear,
To whom God's love entrusts me here,
Ever this day be at my side,
To light and guard, to rule and guide. Amen.

Morning Offering

O my God, I offer Thee every thought and word and act of today. Please bless me, my God, and make me good today.

The Blessing before Meals

✠ Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, through Christ Our Lord. Amen.

Grace after Meals

✠ We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest forever. Amen.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Most Sacred Heart of Jesus, have mercy on us.
Mother of mercy, pray for us.
Jesus, Mary, and Joseph, bless us now and at the hour of our death.

Prayers Before Holy Communion

Humility and Desire:

You are God and Master,
Lord of all the earth,
Who am I, here waiting,
Poor and of no worth?

Yet You'll come and love me
As Your dearest child,
Kneeling, I adore You,
Jesus, meek and mild!

Come to me, sweet Saviour,
Come to me and stay,
For I want You, Jesus,
Come, do not delay!

Faith and Sorrow:

Jesus, You are coming,
Holy God, to me,
You, the One Who made me,
Lord of sky and sea!

Too great seems the wonder,
Yet believe I do,
For Your lips have said it,
And Your word is true.

I am very sorry
I have caused You pain;
I will never, never
Hurt You, Lord, again!

Offering:

Ah, what gift, I wonder,
Jesus, shall I bring?
I have nothing worthy
Of my God and King!

You are my Good Shepherd,
I, Your little lamb,
Take me, O my Saviour,
All I have and am.

Take my body wholly,
Mind and heart and soul,
Never, never let me
Fly Your sweet control.

Prayers After Holy Communion

Thanksgiving and Adoration:

I thank You, sweetest Jesus,
For gifts from heaven above,
But most of all I thank You
For You Yourself, my love.

I thank You for Your coming
So sweetly to my heart,
And beg You never let me
My Lord, from You depart.

And like a little angel
Within Your heart I rest,
With eyes of love adoring
My gentlest, dearest Guest.

Trust and Offering:

Put Your arms around me,
Tired and weak I am;
You are my Good Shepherd,
I, Your little lamb.

Let me lay my head here
Close against Your breast,
I will be Yours wholly,
Yours, my Jesus blest.

Take my heart and fill it
Full of love today,
That from You, O Jesus,
Never may I stray!

Love and Hope:

Jesus, Lord, I love You
More than I can tell,
Not for love of heaven,
Nor from fear of hell;

Not for what You bring me,
Nor for what You give,
Just for You, all-holy,
Just for You I live!

O some day I'll see You,
And in heav'n above
Join the angels praising,
Giving love for Love!

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